

Warning! Stifling a Sneeze Can Harm Your Health

Don't stifle that sneeze! It can hurt you, warn experts.

"Stifling a sneeze can lead to serious medical problems," cautions Dr. Richard Chole.

A sneeze is one of your body's natural defense mechanisms.

When you have got a cold or the

flu, a sneeze lets out bacteria and viruses that could prolong your illness.

And when you stifle a sneeze by holding your nose closed, you risk infecting your sinuses, or causing an ear infection or hearing loss, added Dr. Chole, professor of otolaryngology at the University of

California at Davis Medical Center. He advised that people sneeze freely, with the mouth open but covered with the hand.

"You should keep your mouth open, without trying to inhibit your sneeze. But try, if possible, to cover your mouth with a handkerchief or tissue so that you do not

contaminate those around you."

Dr. Seymour Brockman, associate clinical professor of otology at UCLA, agreed. "You should always sneeze with your mouth open but covered. And never hold back a sneeze no matter how inconvenient it may be."

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ORANJESTAD — Well-known Aruba painter Johannes Donati, donated one of his works to the Aruba Historic Museum. The painting is titled "Arubacos" and it reflects the historical part of our culture, a fantasy of an Indian household in the caves of our island. The painting was presented to Mr. Felepito Tromp. Also present were members of the Museum Committee and the head of the Institute of Culture, Mr. Leo Tromp.

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Grenada promised big \$\$ aid from western nations

ST. GEORGE'S, Grenada — (UPI) — Grenada has been assured of millions of dollars in funding from western nations and their agencies for industrial development projects, the government says.

In a statement, the government of Prime Minister Herbert Blaize said the commitments came during the recent meeting in Washington of the Caribbean Group for Cooperation in Economic Development.



"It's not lipstick, it's my boss' shoe polish!"

Your Skin Can Reveal If You Have Diabetes

A dermatologist has identified five skin signs that may indicate diabetes in whites.

They are yellow skin; yellow nails (especially at the outermost edge of the nail on the big toe); yeast infections of the skin; finger pebbles (thick, velvety patches

of skin around the knuckles or fingernails), and skin tags (very small nonmalignant growths). None of the signs alone indicate diabetes, but two or more together do suggest the ailment, according to a report at a recent medical conference.



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